

# **SUGAR SMART webinar**

## **Reducing sugar in schools**

**14.00 Welcome and housekeeping, Vera Zakharov & Fran Bernhardt, Sustain**

**14.10 Introduction to Sustainable Food Cities and update on the SUGAR SMART Campaign**

**14.20 Supporting schools to Go SUGAR SMART, Claire Davies, Bath & North East Somerset Council**

**14.35 Q&A**

**14.45 Transforming school menus and beyond, Marjon Willers, Healthy Schools Islington**

**15.00 Q&A**

**15.15 Ends**

# SUGAR SMART

Webinar: Reducing sugar consumption in schools, from school meals to special events and reward schemes.

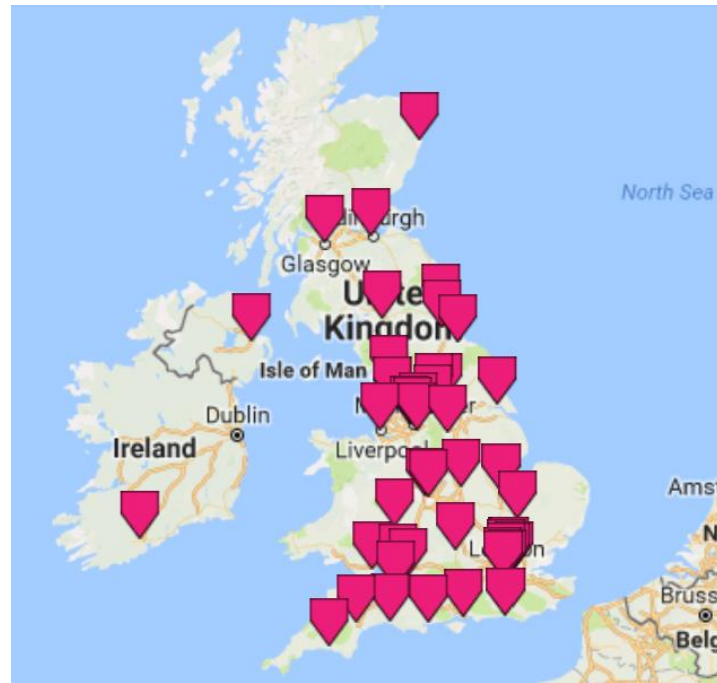
Vera Zakharov & Fran Bernhardt  
SUGAR SMART UK Campaign Coordinator

20  years  
**sustain**  
the alliance for better food and farming





## 51 Sustainable Food Cities Network members



[www.sustainablefoodcities.org](http://www.sustainablefoodcities.org)





## The Sustainable Food Cities approach is about...

- Creating a city-wide **cross-sector partnership** of public agencies (health, environment, economy), businesses, NGOs, community organisations and academic bodies.
- Developing a **joint vision** and **common goals** on how healthy and sustainable food can become a defining characteristic of their city.
- Develop and implementing an **action plan** that leads to significant measurable improvements in all aspects of food, health and sustainability.

***“It is about completely re-imagining, and ultimately reshaping, a city (or town, borough, district, county) through the lens of good food”***





### **Six key issues:**

1. Promoting healthy and sustainable food to the public.
2. Tackling food poverty and increasing access to affordable healthy food.
3. Building community food knowledge, skills, resources and projects.
4. Promoting a vibrant and diverse sustainable food economy.
5. Transforming catering and food procurement.
6. Reducing waste and the ecological footprint of the food system.

[www.sustainablefoodcities.org](http://www.sustainablefoodcities.org)







# SFC Network

- SFC newsletter & email group
- Become an SFC member

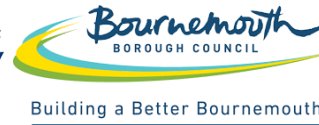


- Bronze, Silver and Gold Sustainable Food Cities Awards
- Get in touch : [Leon Ballin lballin@soilassociation.org](mailto:Leon.Ballin@soilassociation.org)









# WHAT'S HAPPENING



## CAMPAIGNS UPDATE

- **29 campaigns have launched**
- **25 more in development stages**
- **Over 1400 sector participants taking action**
- **16 Sustainable Food Cities grants awarded to local food partnerships running SUGAR SMART campaigns in 2017/18**

## **SCHOOLS UPDATE**

- **541 Primary Schools & Early Years settings taking part**
- **17 actions available for schools to choose from – education activities as well as school policies and improvements to the food environment.**
- **Popular actions include assemblies, getting kids creative, healthy lunchbox policies and promoting free drinking water**

# WHAT'S HAPPENING



# WHAT'S HAPPENING



**5 STEPS TO BEING  
SUGAR SMART  
AT SCHOOL IN CORNWALL**



**SUGAR SMART REGISTRATION,  
TRAINING & CERTIFICATE**

- Register online at [www.sugarsmartuk.org](http://www.sugarsmartuk.org) and contact your Healthy Schools Delivery Advisor
- Take part in our FREE SUGAR SMART awareness session
- Follow these steps to gain a certificate endorsed by Cornwall Healthy Schools
- Use your certificate to progress to a Healthy Schools or Food in Schools award!



## GET INVOLVED

# WORKING TOGETHER TO REDUCE SUGAR



Can you reduce the amount of sugar around your organisation or business?

**GO SUGAR SMART!**



Can your organisation coordinate a SUGAR SMART campaign in your local area?

**RUN A CAMPAIGN**



Volunteer in your local area and join the Sugar Smart mailing list

**VOLUNTEER**

**GO SUGAR SMART!**

ACTION PLEDGES

1

ASSETS

78

ACTIONS

ASSETS



**STOCK HEALTHIER FOOD AND DRINK** ✓

Replace sugary items with healthier options and display signage about sugar content in everyday food and drink.

How many points of sale were affected? 56 points of sale

UPDATE



**GET ACCREDITED**

Get accredited by an external organisation to ensure the food and drink you serve is healthy for people and planet.

TELL ME MORE



**GO FIZZ FREE**

Take part in Fizz Free February and recruit people to go fizz free for the entire month.

TELL ME MORE



**REMOVE SUGARY DRINKS FOR FIZZ FREE FEBRUARY**

Stop selling or offering drinks high in sugar and promote water instead.

TELL ME MORE



**PROMOTE WATER FOR FIZZ FREE FEBRUARY**

Install water points and promote drinking water as the number one drink.

TELL ME MORE



**RUN AN ASSEMBLY ON FIZZ FREE FEBRUARY**

Run an assembly or session for students using our assembly resources and Fizz Free February materials.

TELL ME MORE



# WE'RE DOING IT - POINTS OF SALE: 56

UPDATE



- Ensure that food you have on offer is healthy and nutritious.
- Use the Eatwell Guide to help you get a balance of healthier and more sustainable food.
- Display information in canteens and cafes about how much sugar is in products on sale.
- Download the case study of a hospital that worked with its dietitians and caterer to put in place a healthier menu at one of its cafes.

## USEFUL ASSETS

NAME	DESCRIPTION	TYPE	SIZE
<a href="#">Recommendations on lowering sugar in school meals</a>	Islington Council's recommendations and guidance on lowering sugar in school meals	PDF	267kb
<a href="#">A4 poster dump junk</a>	Dump the junk – be SUGAR SMART	pdf	91kb
<a href="#">A4 Poster 5 a day</a>	Your body needs fruit and vegetables... eat 5 a day	pdf	91kb
<a href="#">Case study healthier food</a>	Healthier food and drink options at Guy's and St Thomas Trust	pdf	364kb



### RUN A SUGAR SMART ASSEMBLY

Run a SUGAR SMART assembly or session for children using our video and information resources.



### GET KIDS CREATIVE

Get children to make viral content such as videos or interviews to share on social media channels.

**MORE ACTION IDEAS**

# **SUGAR SMART**

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